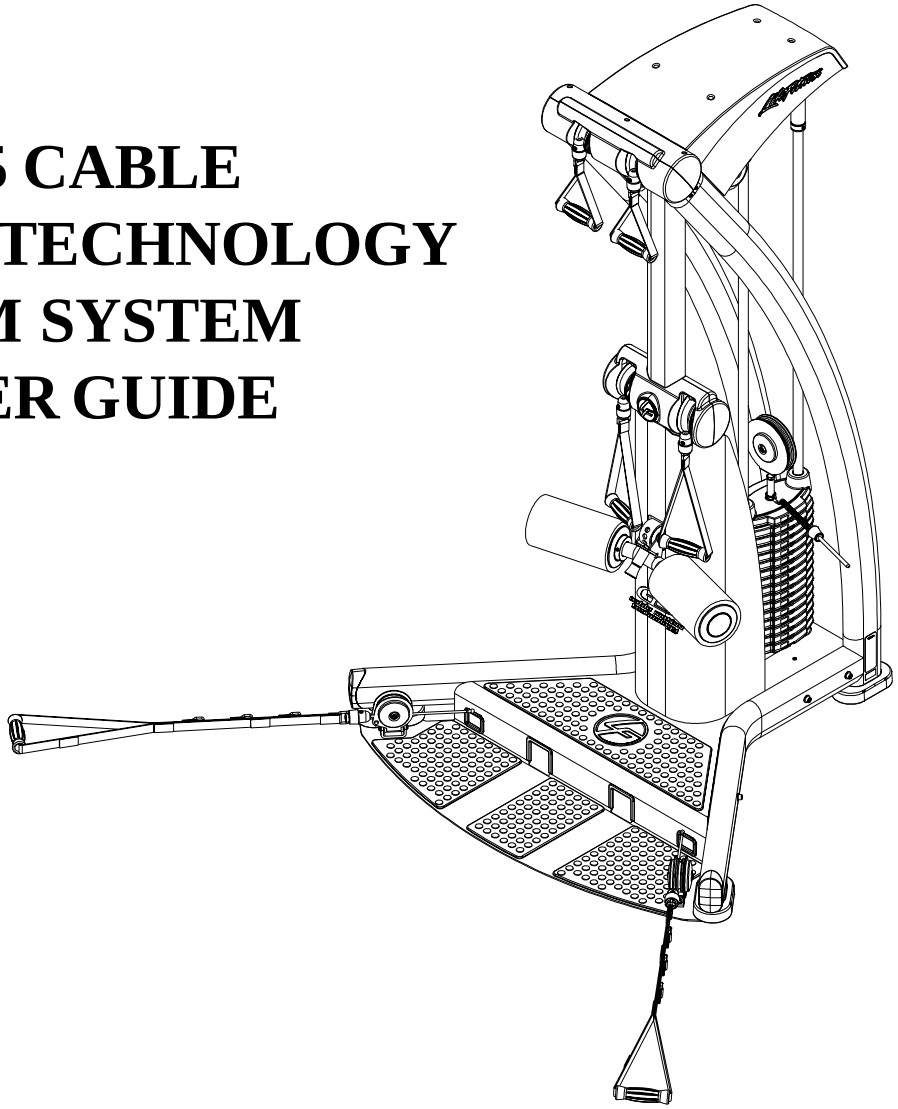
G5 CABLE MOTION TECHNOLOGY GYM SYSTEM USER GUIDE



WARNING:

Read and follow all directions for each step to insure proper assembly of this product.

CLASS H
PART # LEA7767401 REV. A
VERSION: LFG5-101
DATE: 07-01-04

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized Life Fitness dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized Life Fitness dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

Please note:

* Thank you for purchasing the LFG5 Cable Motion Tcchnology Gym System. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

NOTE: In a continual effort to improve our products, specifications are subject to change

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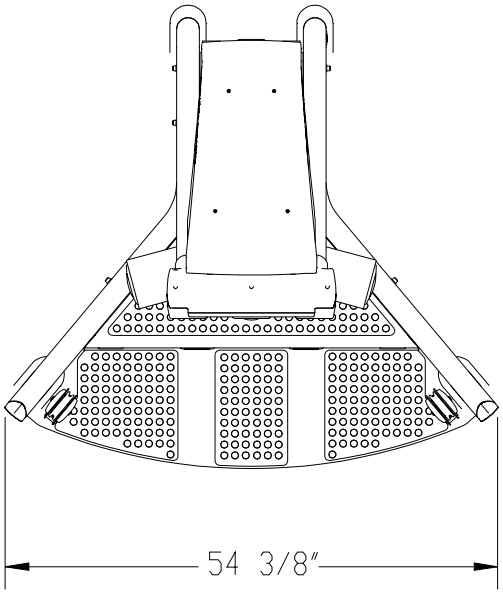
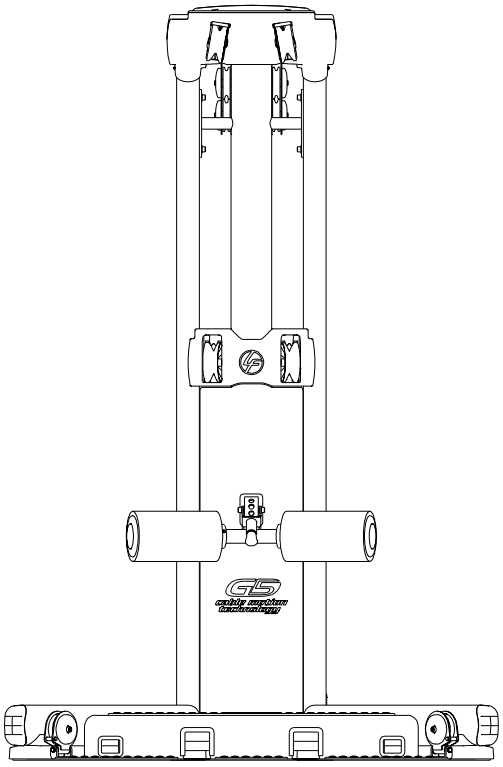
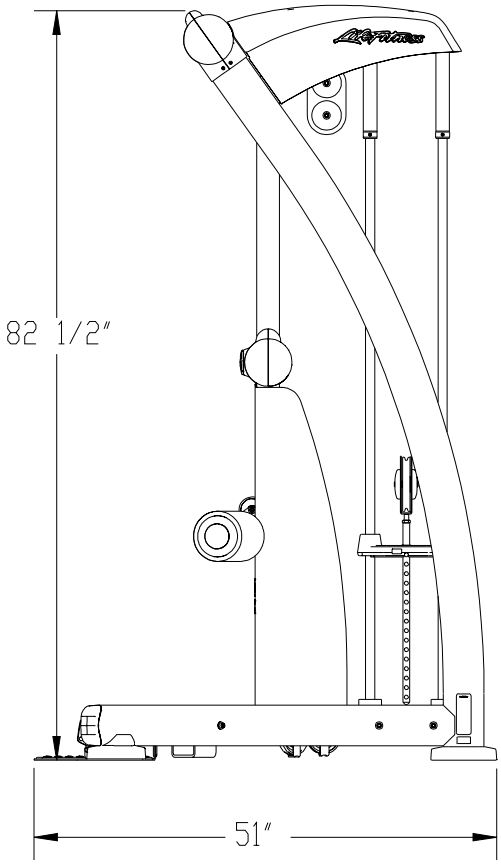
www.LifeFitness.com

GYM DIMENSIONS





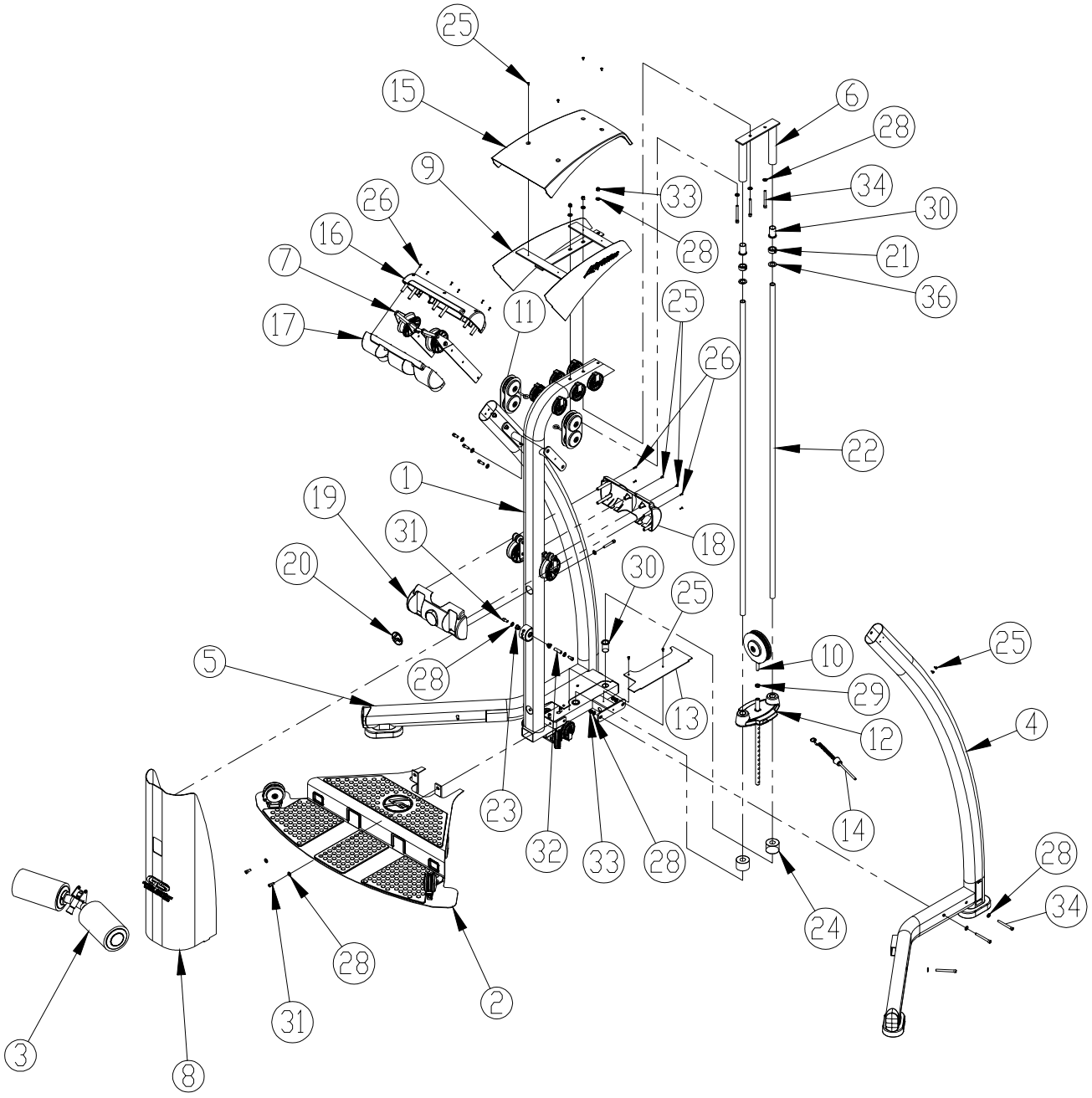


COMPONENTS LIST

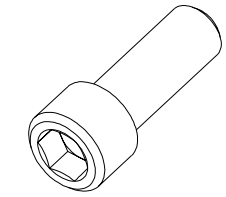
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	LEA7728201	PTD ASSY, FRONT UPRIGHT
2	1	LEA7701601	PTD ASSY, FOOT PLATE
3	1	LEA7729801	PTD ASSY, ROLLER PAD ADJ.
4	1	LEA7701701	PTD ASSY, LEFT UPRIGHT
5	1	LEA7701801	PTD ASSY, RIGHT UPRIGHT
6	1	LEA7611701	WLDMT, GUIDE ROD
7	1	LEA7746101	PTD ASSY, TOP PULLEYS
8	1	LEA7761701	PTD ASSY, FRONT SHROUD
9	1	LEA7761601	PTD ASSY, G5, TOP SHROUD
10	1	LEA776240	PTD ASSY, HEAD PLATE PULLEY
11	2	LEA7754501	PTD ASSY, FLOATING PULLEYS
12	1	LEA6925501	PTD ASSY, HEAD PLATE 20"
13	2	LEA7682001	PLATE, REAR BOTTOM
14	1	LEA7622001	ASSY, SELECTOR PIN
15	1	LEA7755301	COVER TOP
16	1	LEA7755401	COVER TOP BACK
17	1	LEA7755501	COVER TOP FRONT
18	1	LEA7755601	COVER MID BACK
19	1	LEA7755701	COVER MID FRONT
20	1	AK58-00245-0000	MEDALLION;"BUG"; PUR
21	2	LEA3245501	COLLAR, 1" ID SHAFTALUM
22	2	LEA6920201	GUIDE ROD, 1" O.D. 10GA X 73
23	2	LEA6020602	BEARING, FLG 1/2 ID X 5/8 OD X 1/2
24	2	LEA7749701	CUSHION, WEIGHT STACK
25	14	LEA3223401	SCREW, 10-32 X 6 PHL PAN TT ST BZ
26	10	LEA3226003	SCREW, 6-20 X 8 PHL PAN PLT BZ
27	4	LEA3249205	.375 HXS SOC CS SS X 1.00
28	28	LEA3236601	WASHER, 3/8 SAE SS
29	1	LEA3245307	NUT, HEX SS
30	4	LEA3245401	BSHNG, GUIDE ROD 1 ID X 1-1/2
31	6	LEA3249203	.375 HXS SOC CS SS X .750
32	1	LEA7705402	SHAFT, .50 DIA SLOTTED X 1.67
33	7	LEA3249101	NUT, .375 - 16 NYLOCK SS
34	9	LEA3249214	.375 HXS SOC CS SS X 3.50
35	2	LEA3249211	.375 HXS SOC CS SS X 2.50
36	2	LEA7749801	BUMPER, HEAD PLATE
** 37	6	LEA7726601	CABLE CONNECT ENDS
38	2	LEA7745601	SHORT HANDLE
39	2	LEA7745701	LONG HANDLE
40	2	LEA7745501	ADJUSTABLE HANDLE
41	1	LEA7745801	FOOT STRAP
42	2	LEA7746001	GUIDE CABLE
43	1	LEA7745401	UPPER CABLE (SHORT)
44	2	LEA7745402	LOWER CABLE (LONG)
45	1	LEA7767401	USER GUIDE

**SEE SHEET 13, FIGURE 7 FOR ADDITIONAL PART NUMBERS

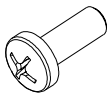
EXPLODED VIEW



HARDWARE:

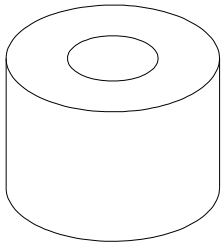


ITEM 34, 35
CAP SCREW

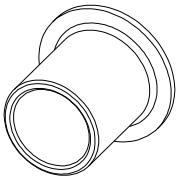


10X ITEM 26
SCREW FOR PLASTIC

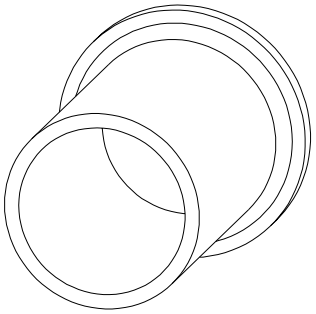
14X ITEM 25
SCREW FOR METAL



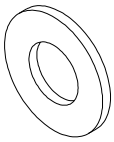
ITEM 24
WEIGHT STACK
CUSHION



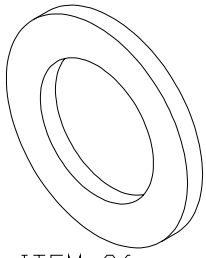
ITEM 23
1/2" BEARING



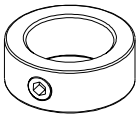
ITEM 30
1" BUSHING



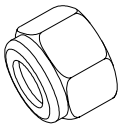
ITEM 28
3/8 WASHER"



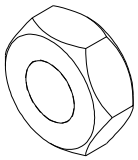
ITEM 36
BUMPER
WASHER



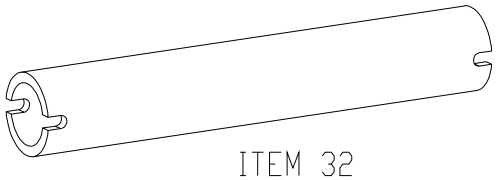
ITEM 21
COLLAR, 1" ID



ITEM 33
NYLOCK NUT



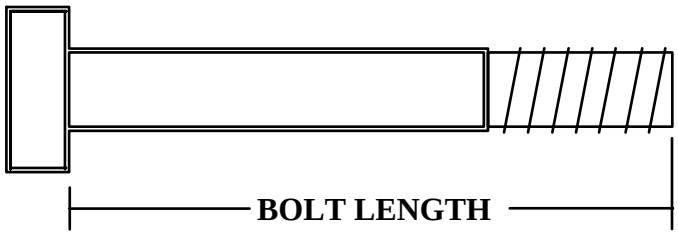
ITEM 29
1/2 NUT

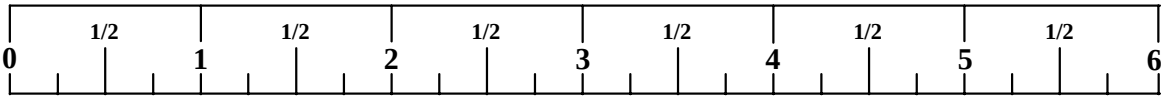


ITEM 32
1" X 1/2 DIA SHAFT

REQUIRED TOOLS:

* 9/16" wrench
* Ratchet and 9/16" socket
* Adjustable wrench
* Tape measure
* Two 8mm Allen wrenches





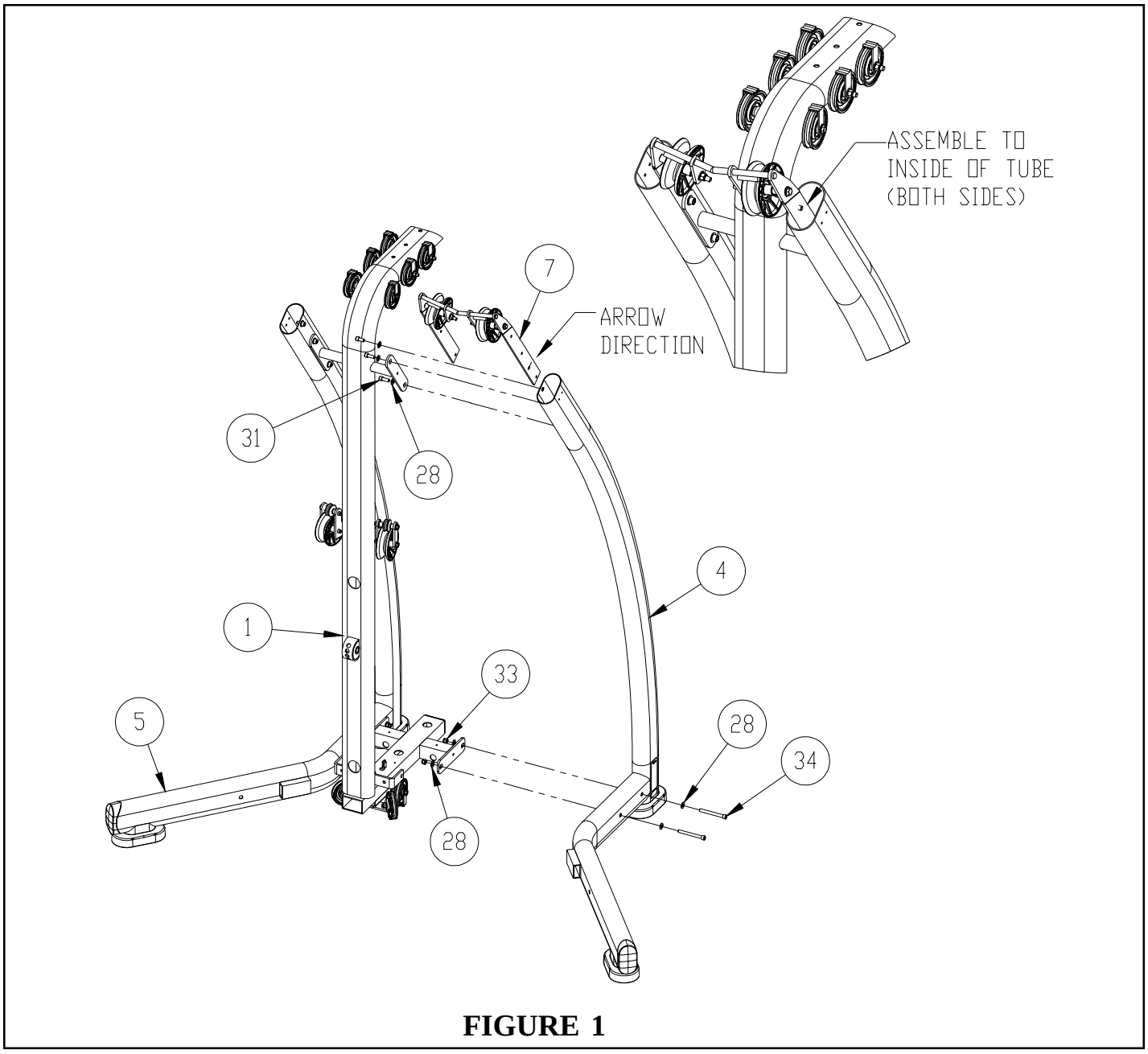


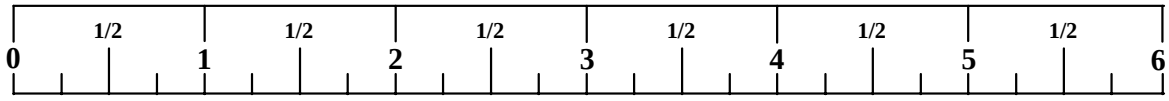
FIGURE 1

STEP 1:

- LOOSELY assemble bottom LEFT UPRIGHT (4) and RIGHT UPRIGHT (5) to FRONT UPRIGHT (1) using four 3/8 x 3-1/2 BOLTS (34), eight 3/8 WASHERS (28) and four 3/8 NUTS (33) and TOP PULLEYS (7)

- LOOSELY assemble upper LEFT FRAME (4) and RIGHT FRAME (5) to FRONT UPRIGHT (1) and TOP PULLEYS (11), using four 3/8 x 3/4 BOLTS (31), four 3/8 WASHERS (28) as illustrated in FIGURE 1

NOTE:
THE TOP PULLEY WELDMENT ATTACHES TO THE INSIDE OF THE UPRIGHT SIDES AND THE ORIENTATION S
SHOULD BE SO THE ARROW POINTS FORWARD AS SHOWN



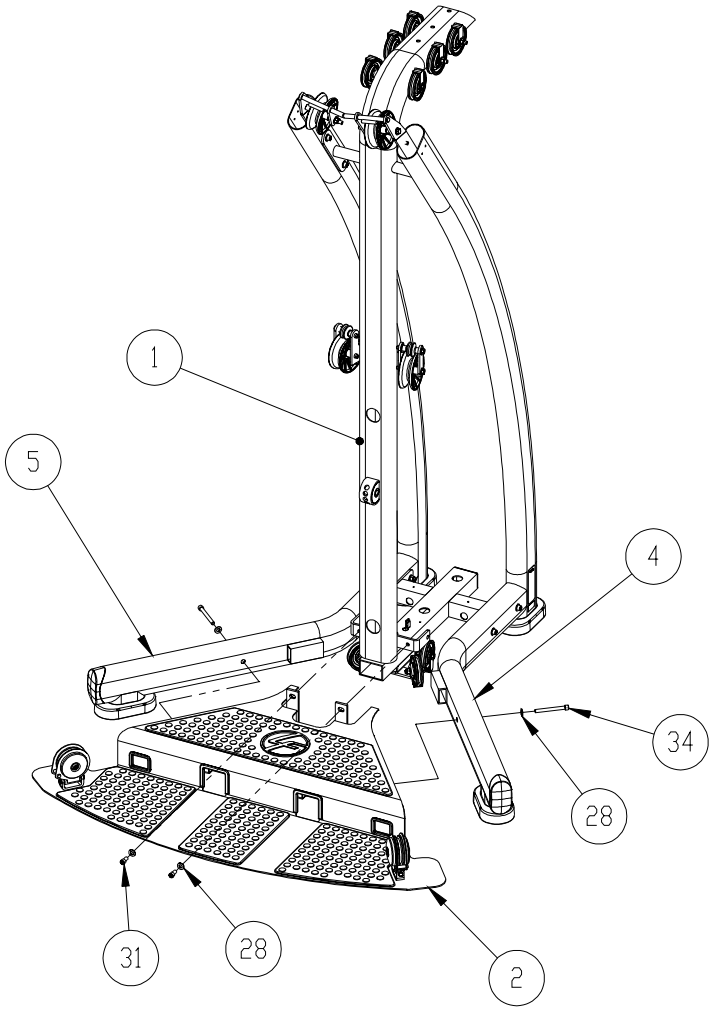


FIGURE 2

STEP 2:

- LOOSELY attach FOOT PLATE (2) to front of FRONT UPRIGHT (1) using two 3/8 x 3/4 BOLTS (31), and two 3/8 WASHERS (28).
- LOOSELY attach the FOOT PLATE (2) to the sides of UPRIGHTS (4) and (5) using two 3/8 x 3-1/2 BOLTS (34) and two 3/8 WASHERS (28)

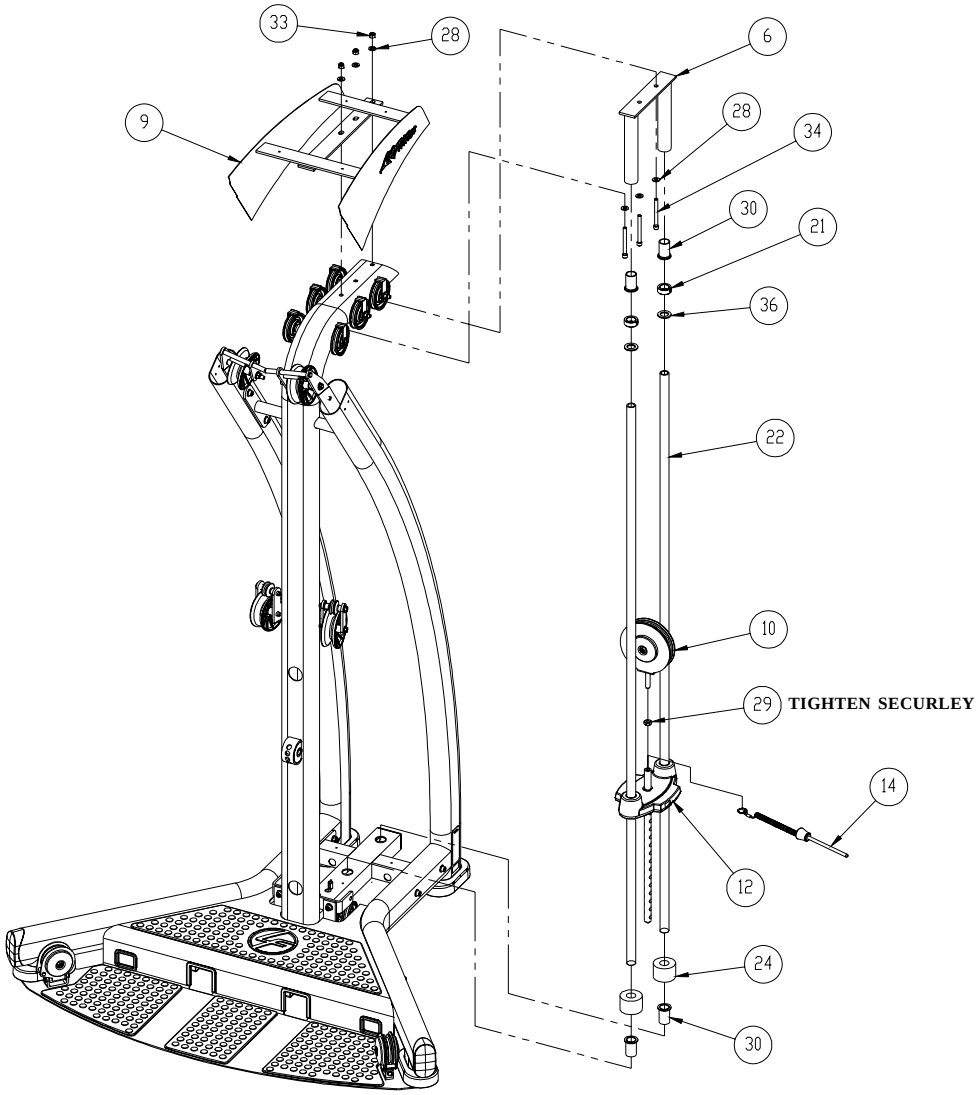


FIGURE 3

STEP 3:

- Insert two BUSHINGS (30) into bottom of FRONT UPRIGHT (1), slide one CUSHION (24) to bottom of each GUIDE ROD (22) and insert both GUIDE RODS (22) thru BUSHING GUIDES (30) and holes located at bottom of FRONT UPRIGHT (1)

- **CAREFULLY** slide HEAD PLATE (12) over top of GUIDE RODS (22) followed by two BUMPER (36), two COLLARS (21), two BUSHINGS (30) and position BRACKET (6) over top of GUIDE RODS (22)

- **CAREFULLY** slide guide rod assembly under top FRONT UPRIGHT (1) and place TOP SHROUD (9) over top of FRONT UPRIGHT (1) and assemble together using three 3/8 x 3-1/2 BOLTS (34), six 3/8 WASHERS (28) and three 3/8 NUTS (33).

- Slide ring of SELECTOR PIN (14) over stem of HEAD PLATE (12) screw HEX NUT (29) onto HEAD PULLEY (10) then screw HEAD PULLEY (10) into stem of HEAD PLATE (12).

- **SECURLY TIGHTEN ALL FRAME CONNECTIONS**

NOTE:
THREADED SHAFT OF HEAD PULLEY (10) SHOULD BE SCREWED INTO THE STEM APPROXIMATLY 1" AND HEX NUT SHOULD BE TIGHTENED SECURELY

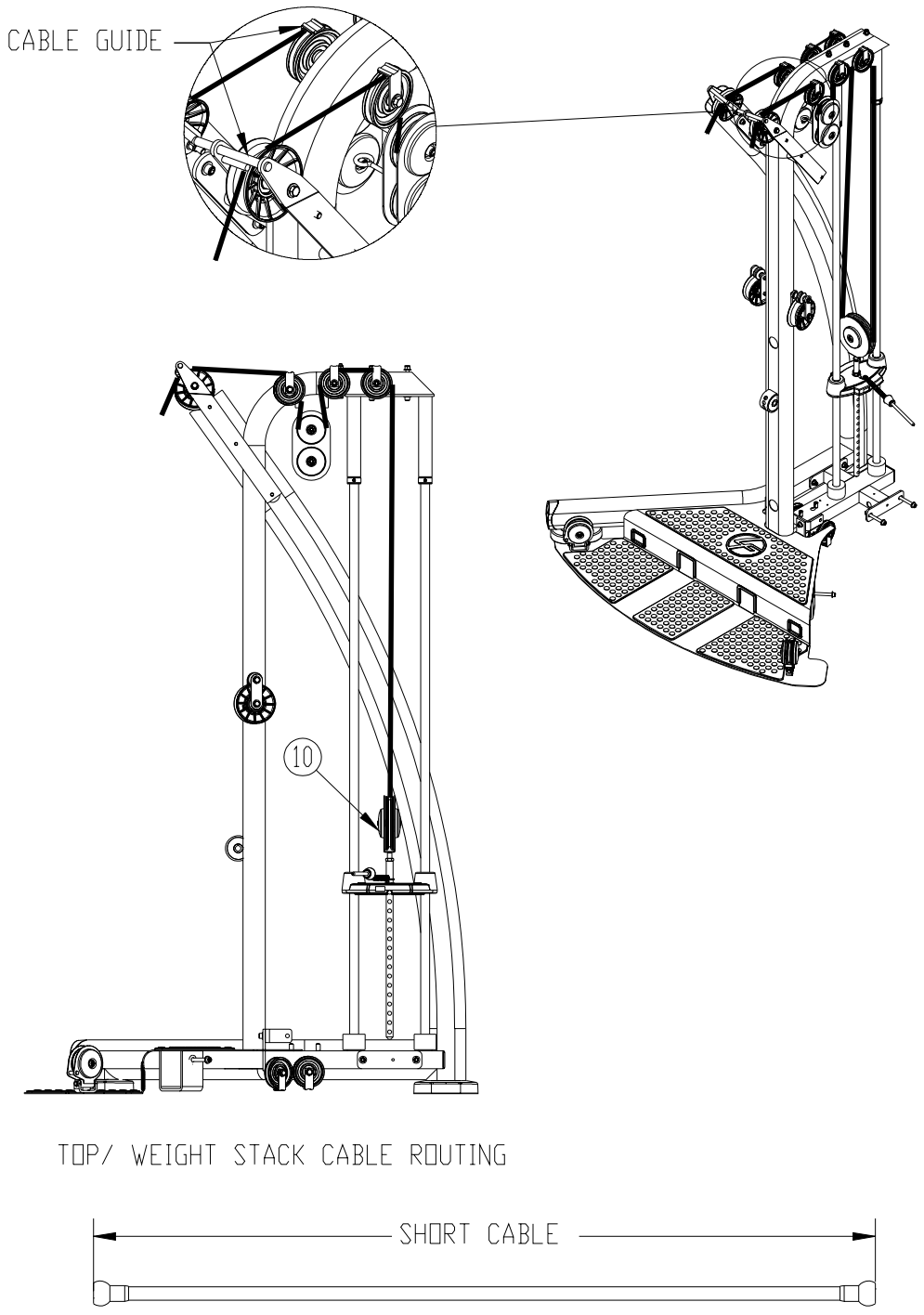


FIGURE 4

STEP 4

- Taking one end of UPPER (SHORT) CABLE (43) insert thru top front pulley and follow routing illustration to HEAD PLATE PULLEY (10) and continue to other side ending at the other top front pulley.

- **CABLE MUST BE INSERTED BETWEEN PULLEY AND PULLEY GUIDES AND MOVE FREELY**

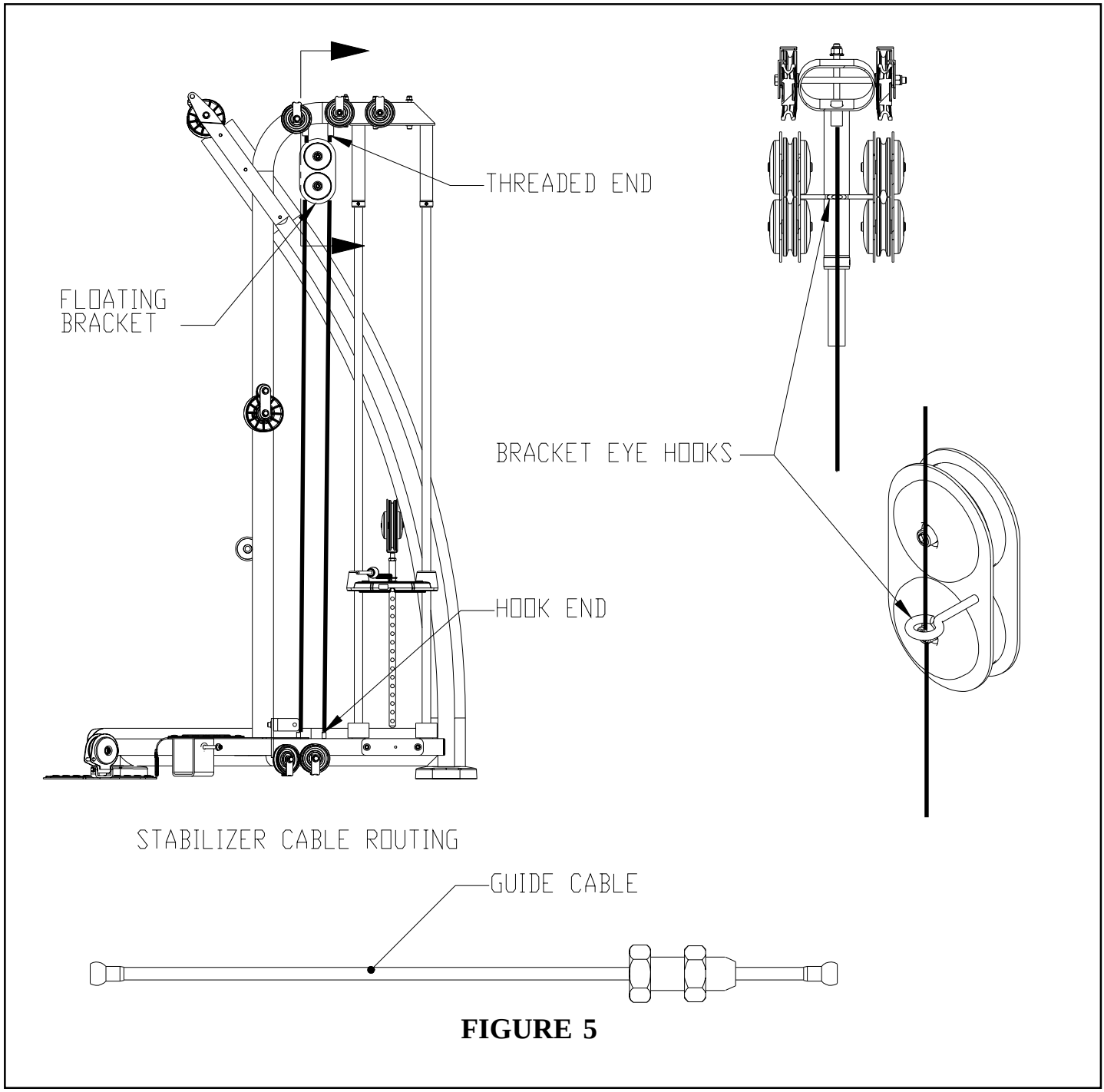


FIGURE 5

STEP 5:

- Insert ball end of GUIDE CABLE (42) through eye hook on FLOATING PULLEY BRACKET (11), insert and hook ball end of cable into bottom of frame.
- Screw threaded end of cable into the FRONT UPRIGHT (1) and tighten until cable is taught, Tighten JAM NUT securely

- **REPEAT ABOVE PROCESS FOR OTHER GUIDE CABLE (42)**

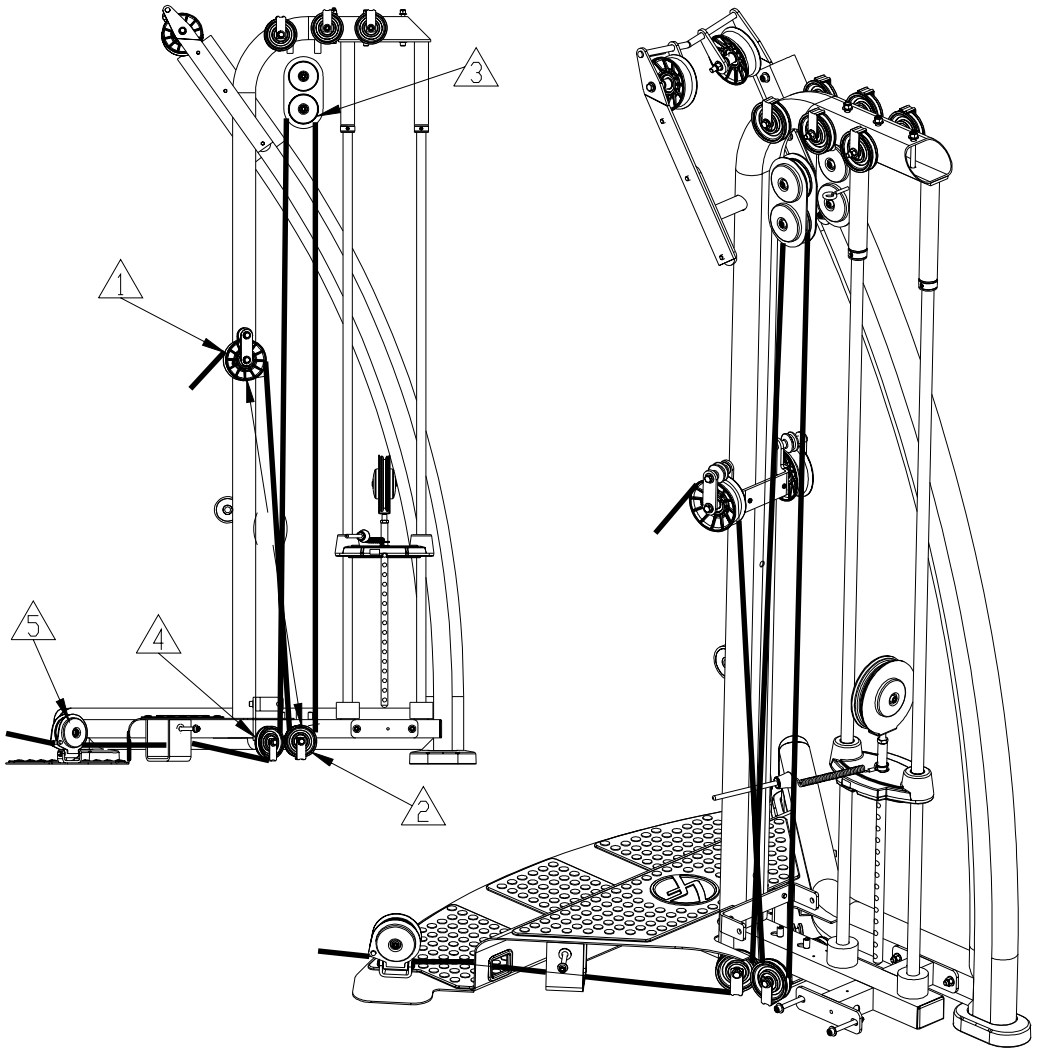


FIGURE 6

STEP 6:

- Insert LOWER (LONG) CABLE (44) through pulley 1 and begin routing cable to next sequential number finishing at low Take other LOWER (LONG) CABLE (44) and follow same process for other side.

- **CABLE MUST BE INSERTED BETWEEN PULLEY AND PULLEY GUIDE AND MOVE FREELY**

ITEM	QTY.	PART NO.	DESCRIPTION
1	1	LEA7726201	COUPLER, QUICK CONNECT
2	1	LEA7726401	HSNG, QUICK CONNECT
3	1	LEA7726301	SLEEVE, QUICK CONNECT
4	1	LEA3249901	SPRING, COMPRESSION
5	2	LEA3250002	M5 X 0.8 HXS SOC CS ST BZ X 8

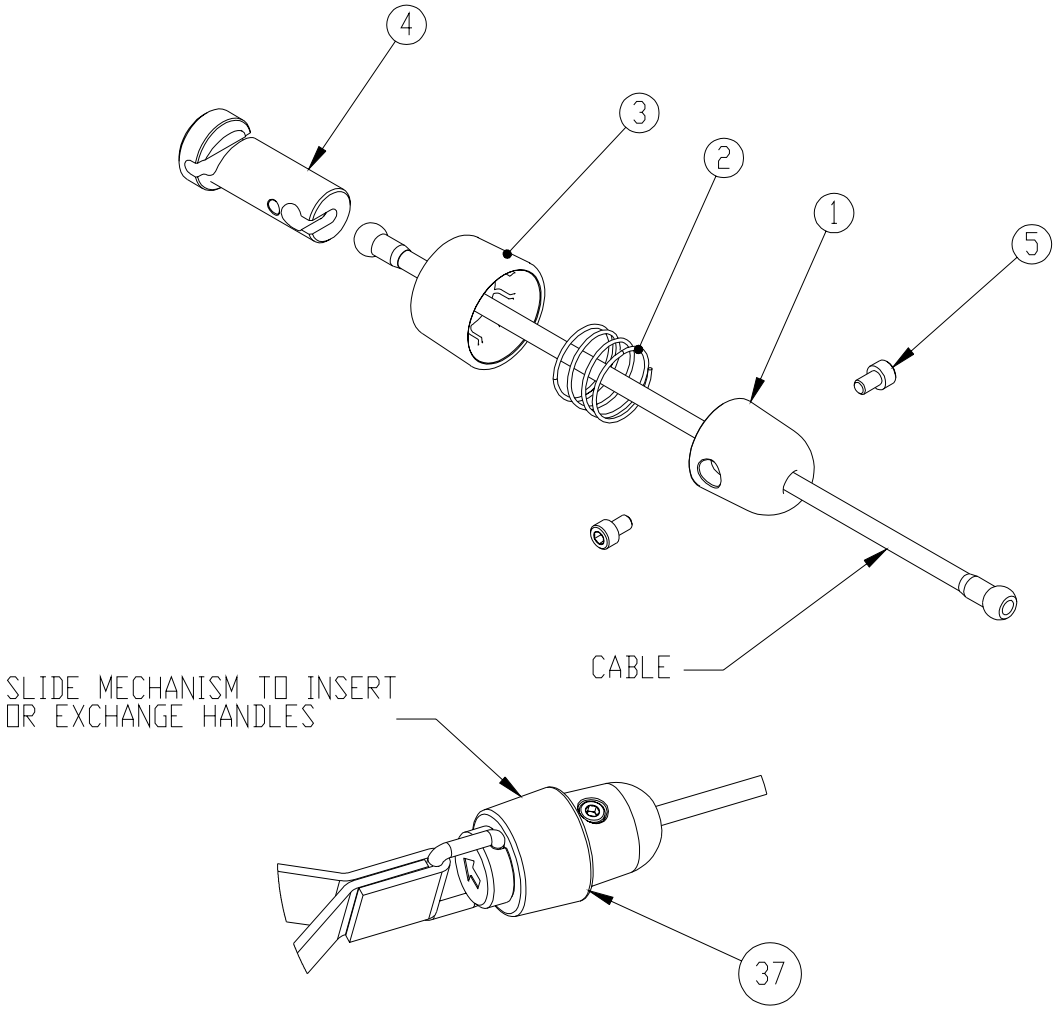


FIGURE 7

STEP 7:

- **USE THIS ASSEMLY AT THE END OF EACH CABLE**
- Slide each item onto cable as follows: ITEM 1, ITEM 2, ITEM 3, and insert cable end into ITEM 4.
- Slide entire assembly over ITEM 4 and secure by screwing ITEM 5 into ITEM 4 and TIGTHEN SECURLY

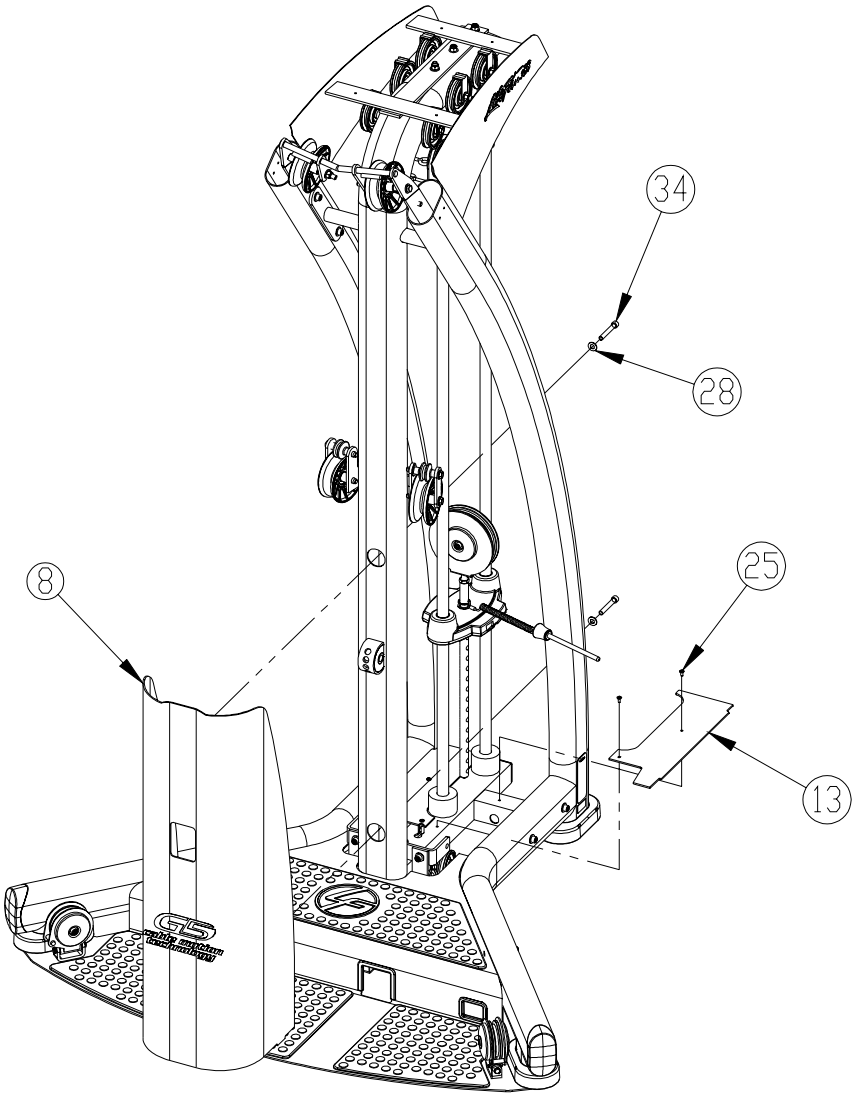


FIGURE 8

STEP 8

- Attach FRONT SHROUD (8) using two 3/8 X 3-1/2 SCREWS and two 3/8 WASHERS (28)
- Attach REAR BOTTOM PLATE (13) using two 10-32 X ½ SCREW

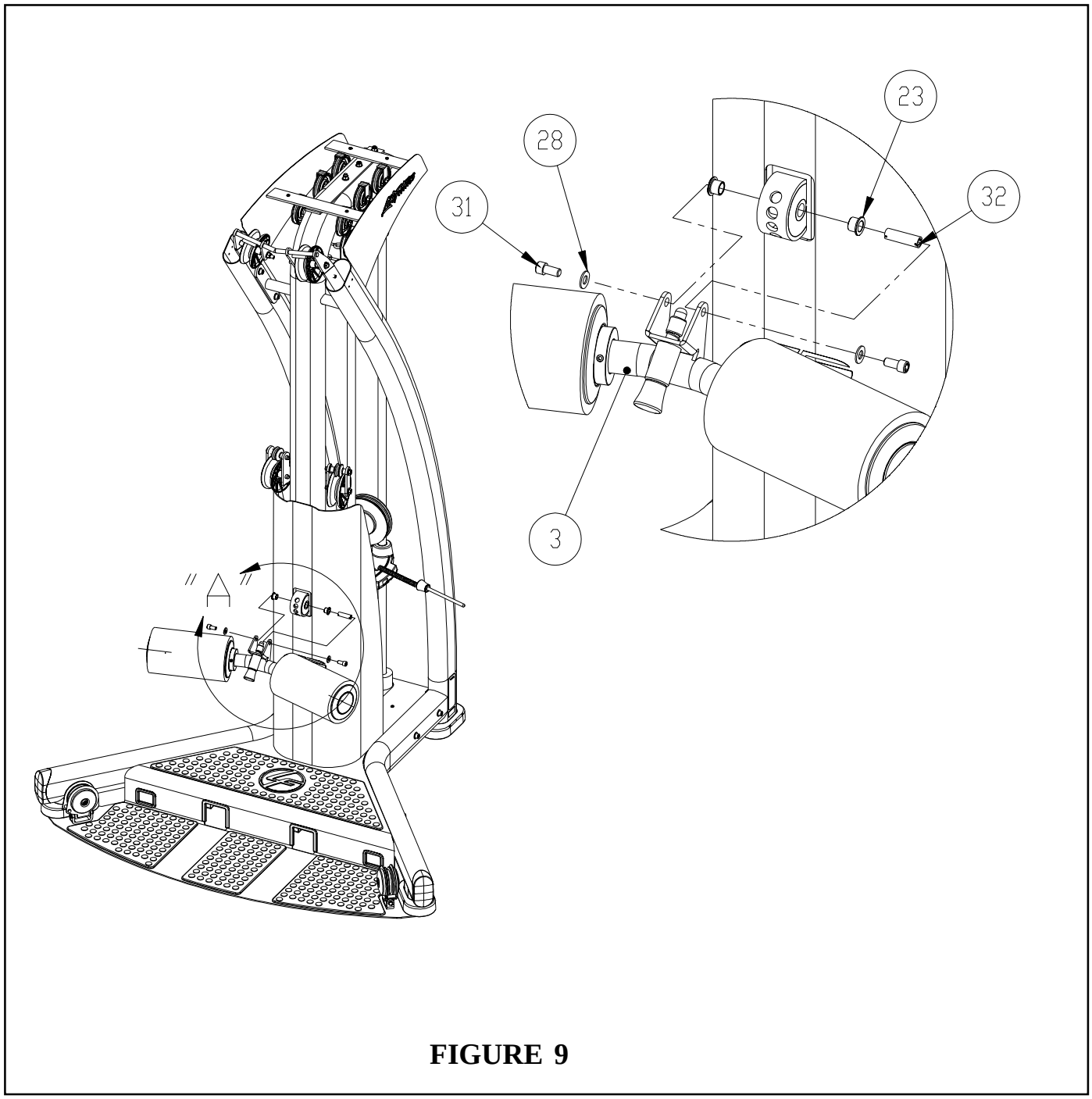


FIGURE 9

STEP 9:

- Insert two FLANGE BEARINGS (23) and one SHAFT (32) into center hole of ROUND INDEXTER
- Attach ROLLER PAD ASSEMBLY (3) to center hole of ROUND INDEXTER and attach using two 3/8 WASHERS (28) and two 3/8 X 1/4 BOLTS (31) **and tighten firmly allowing ROLLER PAD ASSEMBLY (3) to move freely.**

!! DO NOT OVERTIGHTEN SCREWS

INSTALL ALL ITEM 25
BEFORE ITEM 26

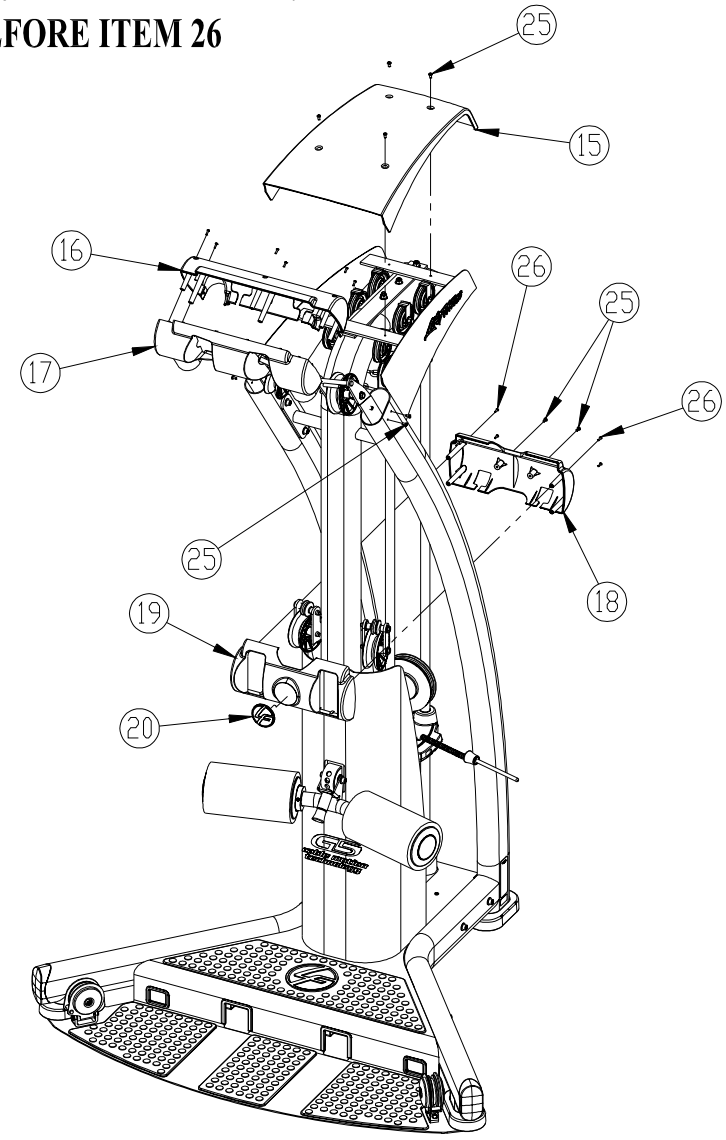


FIGURE 10

STEP 10:

- Attach TOP COVER (15) using four METAL SCREWS (25)
  as shown in illustration **ITEM 25 MUST BE INSTALLED BEFORE ITEM 26.**
- Attach FRONT (17) and BACK COVER (16) to each other using six PLASTIC SCREWS (26).
- Attach FRONT (17) and BACK COVER (18) to UPRIGHT SIDES (4), (5) using four METAL SCREWS (25)
- Attach FRONT and BACK MID COVERS (18), (19) to each other using four PLASTIC SCREWS (26)
  as shown in illustration.
- Attach BACK MID COVER to FRONT UPRIGHT (1) using two METAL SCREWS (25)
- Finally align and stick MEDALLION (20) to front of MID COVER (19) as shown.

AVOID DAMANING PLASTICS COMPONENTS. DO NOT OVERTIGTHEN SCREWS INTO PLASTIC PARTS.

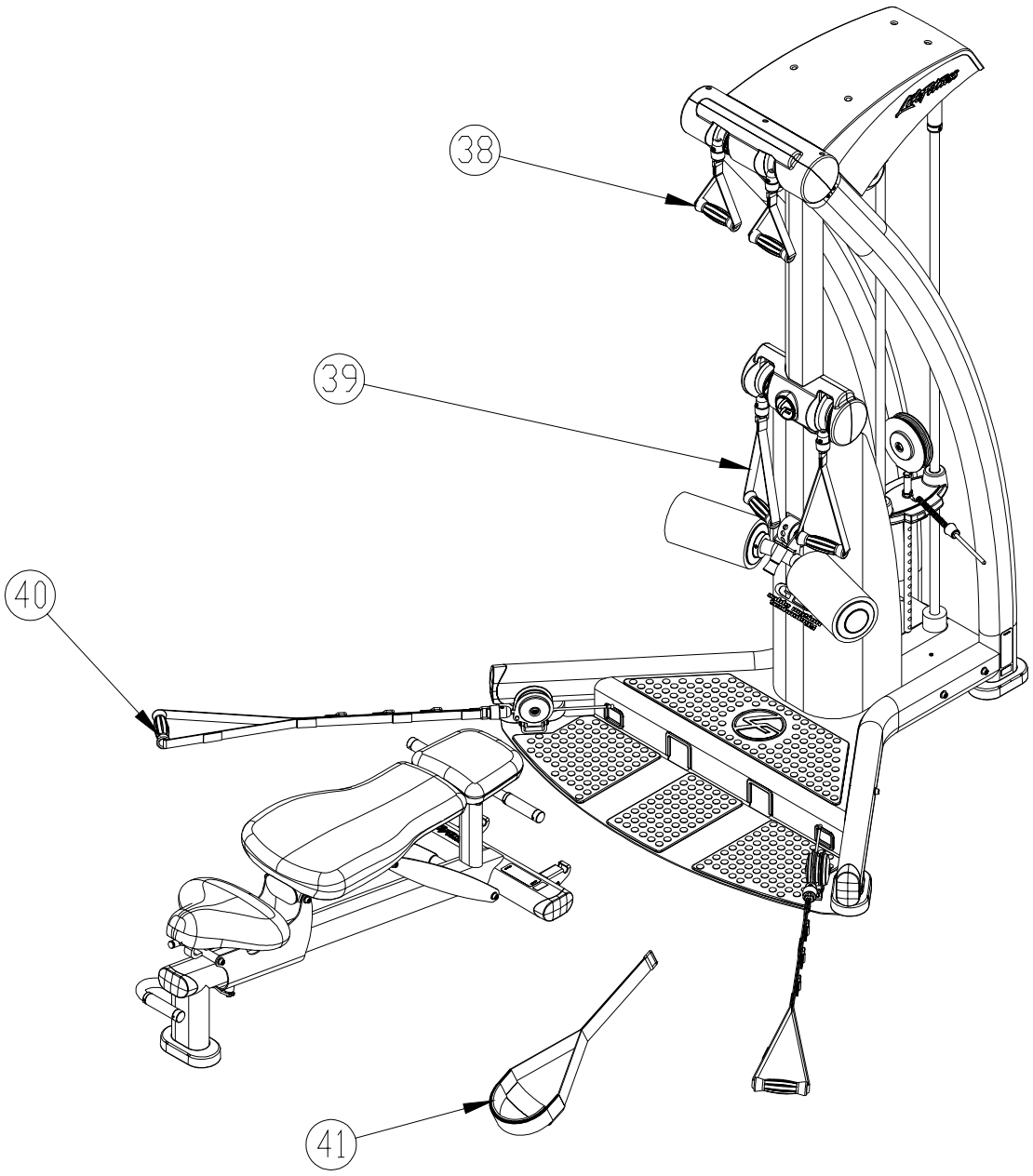


FIGURE 11

STEP 11:

- Referencing step 7, push back on ITEM (3) at end of cable and attach SHORTER HANDLES (38) to top of frame.
- Repeat process for attaching the ADJUSTABLE HANDLES (40) to the lower cable ends and the medium handles (39) to the middle ends.

NOTE: THIS IS THE HANDLE CONFIGURATION THAT IS USED FOR MOST EXERCISES.

- The FOOT STRAP (41) is to be attached to one of the mid section pulley cable ends for leg extensions and to one of the Lower pulley cable ends for leg curl exercises.

MAINTENANCE

Please note:

* We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Life Fitness customer service representative at (800) 328-9714.

* Inspect equipment daily. Tighten all loose connections are replace worn parts immediately. Failure to do so may result in serious injury

*** PLEASE RECORD THE INFORMATION REQUESTED BELOW. IN THE EVENT YOU MAY NEED SERVICE YOU WILL BE ASKED FOR THIS INFORMATION. REMEMBER TO FILL OUT YOUR WARRANTY REGISTRATION CARD AND MAIL BACK.**

MODEL #_____

SERIAL #_____

DATE OF PURCHASE: _____

DEALERS NAME: _____

DEALERS PHONE #_____

Thank you for purchasing the Life Fitness G5 CABLE MOTION GY SYSTEM

LIMITED WARRANTY

Life Fitness extends the following LIMITED WARRANTY to the original owner of the Life Fitness product. The Warranty terms apply to IN HOME and LIGHT INSTITUTIONAL USE ONLY.

1. LIMITED WARRANTY ON FRAME AND WELDS. If the frame of the Life Fitness product or a weld should crack or break, it will be repaired or replaced by Life Fitness. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: Ten (10) years.

2. LIMITED WARRANTY ON PARTS. If the following parts are defective in material or workmanship, Life Fitness will supply replacement parts: all bolts, nuts, washers, bearings, bushings, pulleys, thumbscrews, collars, cable retaining clips, adjustable pre-stretch slides, roller pad shafts, allen head bolts, weight selector pin, weight stack shaft, set screws, protector caps, adjustment chain, cotter pin, plunger, spring and knob. Terms: IN HOME USE ONLY: Lifetime – for so long as the Customer owns the Life Fitness product; LIGHT INSTITUTIONAL USE: One (1) year.

3. LIMITED WARRANTY ON CABLES AND UPHOLSTERY. If the coated cables or upholstery are defective in material or workmanship, Life Fitness will repair or replace them, at its option. Terms: IN HOME USE ONLY: Three (3) years; LIGHT INSTITUTIONAL USE: ninety (90) days.

4. CONDITIONS AND EXCEPTIONS. Any product misuse, abuse or alteration, any attempt to repair by a person other than an authorized Life Fitness Service Center, any improper assembly, accident, or any other condition resulting from occurrences beyond the control of Life Fitness will void this Limited Warranty.

5. REPLACEMENT AND REPAIR EXPENSES. Life Fitness will provide only replacement parts or repair under this warranty. The Owner is responsible for all other costs. Such costs may include, but are not limited to: a. labor charges for service, removal, repair or reinstallation of the Life Fitness product or any component part; b. shipping, delivery, handling and administrative charges for returning parts to Life Fitness; and c. all necessary or incidental costs related to installation of the replacement parts.

6. SHIPPING. If shipping by the Owners is deemed necessary (in sole discretion of Life Fitness), parts should be shipped in their original carton or equivalent packaging, fully insured with shipping charges prepaid. Life Fitness will not assume any responsibility for any loss or damage incurred in shipping.

7. CLAIM PROCEDURES. If service on your Life Fitness product is required during the warranty period, please contact our Customer Service Department at 1-800-328-9714 (U.S. and Canada) or +1-847-288-3300 (outside of U.S. and Canada) for instructions regarding returning or replacing parts. Please have available the following information: (i) the dealer's name; (ii) the date of purchase; (iii) the serial # (s) of your product(s) (the serial number location is called out on the final assembly drawing included with your assembly instruction); (iv) a description of the nature of the problem.

8. OWNER'S RIGHT. This Limited Warranty gives you specific legal rights. You may also have other rights, which vary depending on local law.

9. LIMITATION OF IMPLIED WARRANTIES. All implied warranties, except to the extent prohibited by applicable law, shall have no greater duration than the warranty period set forth above. There are no warranties which extend beyond the description in this Limited Warranty. Because local laws do not allow limitations on how long an implied warranty lasts, the above limitations may not apply to you.

10. DISCLAIMER. No other express warranty has been made or will be made on behalf of Life Fitness with respect to any Life Fitness product or the operation, repair or replacement of any Life Fitness product. Life Fitness shall not be responsible for injury, loss of use of the Life Fitness product, inconvenience, loss or damage to personal property, whether direct or indirect, and incidental or consequential damages, so the above limitation or exclusion may not apply to you.

NOTES:

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